

CALIFORNIA BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS) SURVEY & DATA OVERVIEW

Vanessa Miguelino-Keasling, MPH

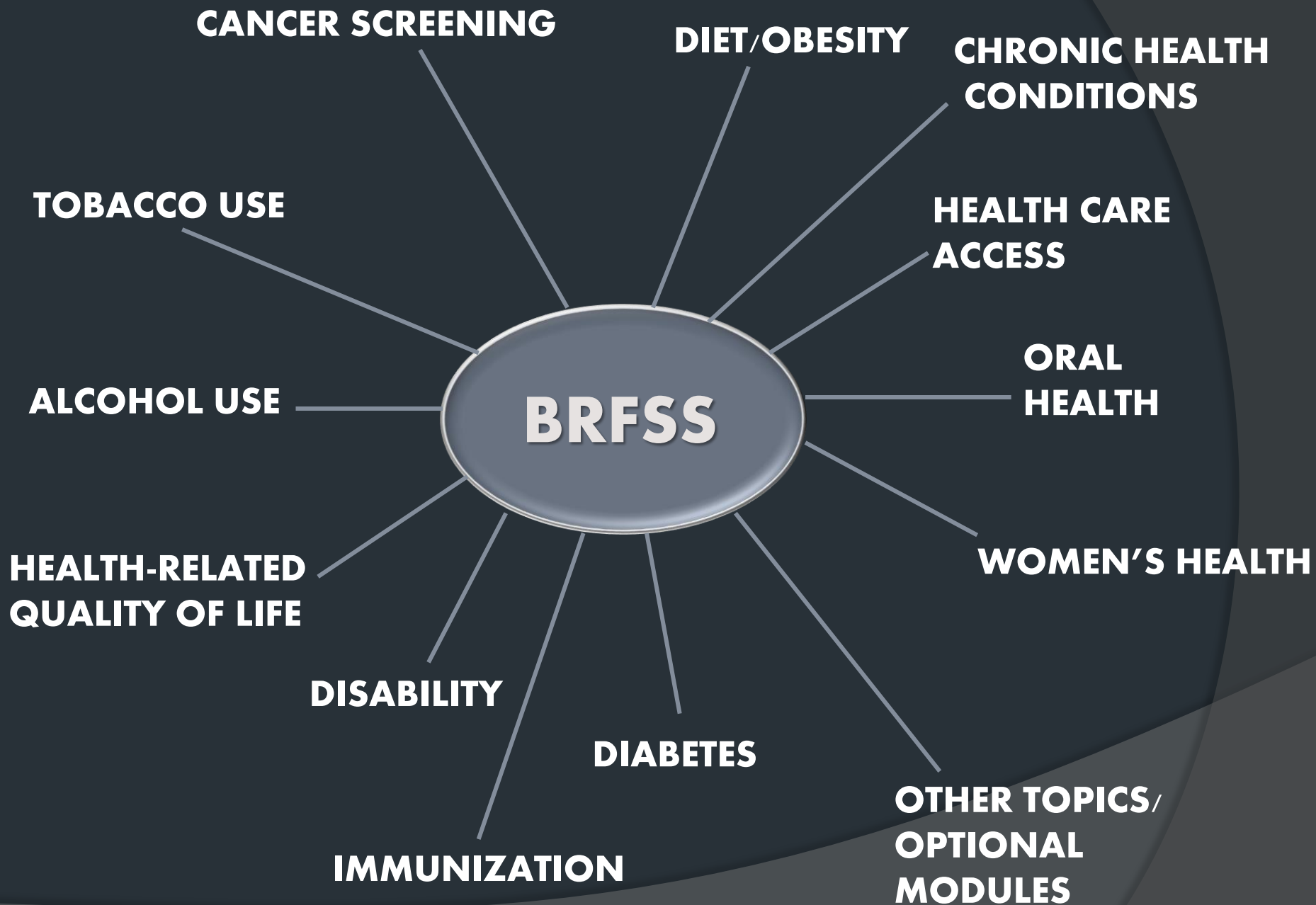
Chronic Disease Surveillance & Research Branch



- ❖ **Overview of BRFSS Survey**
- ❖ **Background and purpose of BRFSS**
- ❖ **BRFSS survey content and data availability**
- ❖ **Uses of and access to BRFSS data**

What is BRFSS?

- ◎ **Behavioral Risk Factor Surveillance System**
- ◎ **State-based, cross sectional, random-digit-dialed telephone survey conducted annually**
- ◎ **Non-institutionalized adults aged ≥ 18 years**
- ◎ **Monitors personal health behaviors that put health at risk**
- ◎ **Collaboration between Centers for Disease Control and Prevention (CDC) and 50 United States and participating Territories**
- ◎ **California participation since 1984**



Survey Content



- **Core questions**

- **Asked by all states and territories (fixed/rotating/emerging)**

- **Optional modules**

- **Specialized topic questions states can choose to include**

- **State-added questions**

- **State program specific questions to address state, local, and program-specific needs**

Fixed Core

- ◎ **Demographics** (age, race/ethnicity, education level, marital status, height/weight, employment, etc.)
- ◎ **General Measures** (health status, health care access, disability, health-related quality of life, etc.)
- ◎ **Risk Behaviors** (tobacco use, alcohol use, immunization, HIV/AIDS, seatbelt use, etc.)
- ◎ **Chronic Health Conditions/Screening** (diabetes, asthma, cardiovascular disease, depressive disorder, etc.)

Rotating Core

◎ **Odd Years**

- **Hypertension Awareness**
- **Cholesterol Awareness**
- **Arthritis Burden**
- **Fruits and Vegetables**
- **Physical Activity**

◎ **Even Years**

- **Oral Health**
- **Falls**
- **Inadequate Sleep**
- **Drinking and Driving**
- **Breast and Cervical Cancer Screening**
- **Prostate Cancer Screening**
- **Colorectal Cancer Screening**

Emerging Core

- ◎ **Influenza vaccine shortage 2004-2005**
- ◎ **H₁N₁ flu vaccinations 2009**
- ◎ **Health care access 2013**
- ◎ **E-Cigarettes use 2016**

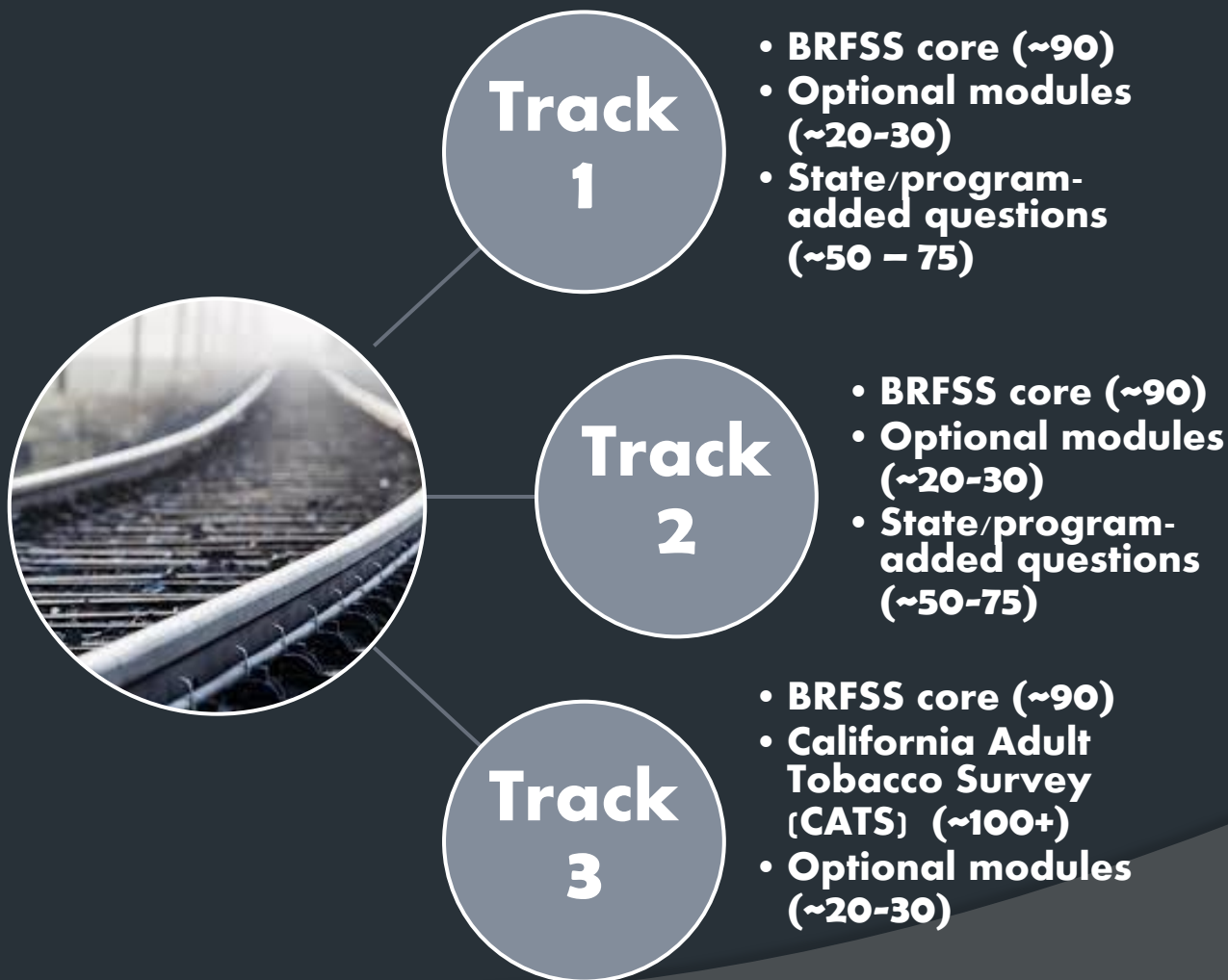
Optional Modules

- ◎ **Caregiver Module**
- ◎ **Cognitive Decline Module**
- ◎ **Human Papillomavirus (HPV) vaccination**
- ◎ **Industry and Occupation**
- ◎ **Breast and Cervical Cancer Screening**
- ◎ **Cancer Survivorship**
- ◎ **Sexual Orientation and Gender Identity**
- ◎ **Emotional Support and Life Satisfaction**
- ◎ **Childhood Asthma Prevalence**
- ◎ **Excess Sun Exposure**

State/Program Participants

- ◎ **California Tobacco Control Program**
- ◎ **California Comprehensive Cancer Control Program**
- ◎ **Safe and Active Communities Branch**
- ◎ **Office of Disability and Health**
- ◎ **Immunization Branch**
- ◎ **Nutrition Education and Obesity Program**
- ◎ **Childhood Lead Poisoning Branch**
- ◎ **Environmental Health Investigations Branch**
- ◎ **California Heart Disease and Stroke Prevention**
- ◎ **California Arthritis Partnership Program**

Survey Structure



Survey Development

National BRFSS survey

- **Annual BRFSS Conference**
- **Proposals and Workgroups**
- **Presentations and Discussions**
- **Tallying votes**

California BRFSS survey

- **Quarterly Data Users Meetings**
- **State/Program-added Questions Proposals**
- **Questionnaire Development**

Survey Timeline

**Survey
planning,
cost per
question
determined**
–
July

**State-
added
questions
proposals**
–
September

**Draft
survey
reviewed
at
Quarterly
Data Users
Meeting**
–
October

**Pre-
testing/pro
gramming
of state-
added
questions**
Oct – Dec

**Survey
instrument
finalized**
–
December

**Data
collection
begins**
–
January

Who uses BRFSS?

- ◎ **State and Local Health Departments**
- ◎ **Students and Researchers**
- ◎ **Federal Agencies**
- ◎ **Non-profit Agencies**
- ◎ **Research Organizations**
- ◎ **Media**

How is BRFSS data used?

- ◎ **Assess health needs and monitor trends of personal behaviors of the population**
- ◎ **Plan, implement, and evaluate public health strategies**
- ◎ **Monitor and respond to public health emergencies**
- ◎ **Identify health disparities**
- ◎ **Prepare grant proposals**
- ◎ **Publish and distribute fact sheets, reports, and peer-reviewed scientific manuscripts**

Access to California BRFSS

- ❑ **Public Health Survey Research Program (PHSRP) –**
www.csus.edu/research/phsrp
- ❑ **Data sharing agreement/data request form (PHSRP@csus.edu)**
- ❑ **Download data via secure link**

Access to BRFSS

CDC BRFSS: <http://www.cdc.gov/brfss/>

- **Aggregated data from all 50 states and participating territories**
- **Download data files, code book, design documents, methodology, surveillance summaries, fact sheets, newsletters, etc.**
- **Access to questionnaires, lists of optional modules used by states, and state-added questions.**
- **Prevalence and Trends Data, BRFSS Interactive Maps (GIS), Web Enabled Analysis Tool (WEAT)**
- **SMART City and County Survey Data**

Further Information

Contact:

www.csus.edu/research/phsrp

PHSRP@csus.edu